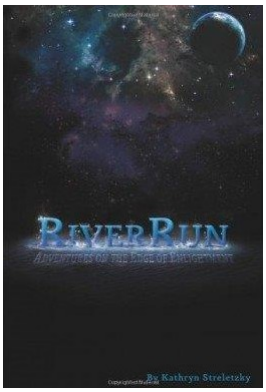
(LCN Connections Issue 8 – August 2013)

# BOOK REVIEW:

Kathryn Streletzky. *River Run Adventures on the Edge of Enlightenment*
*Reviewed by Gwen Jones*

*Kathryn now lives and creates in Monterey, California. She paddles her kayak on the ocean now, and occasionally ventures back on a wild river.*




At the turn of the millennium, Kathryn "Mothra" Streletzky confronts death and the meaning of life both on and off the river. This book reveals the wondrously strange and compelling events that brought this whitewater kayaker to The Monroe Institute for the first time.

Monroe Institute Outreach Facilitator Kathryn Streletzky had six friends die in river accidents during a two-year period. She herself almost drowned just months before her Gateway Voyage

"Join Kathryn as she takes you on invigorating and daring adventures down whitewater rapids. She pushes herself to her physical and mental limits on these adventures and learns more about death, life and beyond from a physical perspective.

These adventures are not the only ones Kathryn experiences. The Gateway Voyage program at The Monroe Institute, which she was to attend initially with her cousin, provide another series of amazing experiences. Although physically less dangerous, they are none the less life changing."